

Milk

Store Brand

- Gallon, Half Gallon & Quart
- Fresh (not flavored)
- Whole, Reduced Fat (2%), Low Fat (1%), Skim

If listed on voucher

- Cultured Buttermilk
- Lactose Reduced (Example: Lactaid)
- Dry/Evaporated



Bread

Store Brand

- 1 pound loaf
- 100 % Whole Wheat only



Dried Beans

Store Brand

- 1 pound package
- Any mature variety
- NO beans mixed with spices or meat



Peanut Butter

Store Brand

- Creamy or Crunchy, 18 oz. jar
- NO jelly or marshmallow



Eggs

Store Brand

- 1 dozen
- Large, White Only



Cheese

Store Brand

- Pasteurized Process American Cheese, Cheddar & Mozzarella
- 1 lb. or 16 oz. package
- NO Cheese food, product, or spread
- NO Velveeta, Cheese Wiz, Kraft Singles
- NO Imported cheese
- NO Low Sodium, low fat cheese products
- NO Grated, shredded, or sticks
- NO Deli-sliced cheese
- NO Variety pack (ie., American/Swiss)
- NO 8 ounce packages



Cash Voucher (for fresh fruits and vegetables)**

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NAME OF PARTICIPANT		LOCATION	VOUCHER NO.	
PNC Bank N.A. Pineville, PA 15064 DELAWARE WIC PROGRAM		80107 423	PLACE THE AUTHORIZATION STAMP HERE	
WIC PROGRAM		PAY TO THE ORDER OF		
1- Up to \$8.00 FRESH Fruits and/or Vegetables		NO WHITE POTATOES ALLOWED		
NOT TO EXCEED "\$8.00" -->>		SIGNATURE		
"7778888" :040302010:11122233344"				

- All Fresh Fruits
- All Fresh Vegetables
- Yams & Sweet Potatoes
- Pre-cut or packaged fruits & vegetables
- Salad/Coleslaw/Greens in a bag
- NO salad bars
- NO pre-cut or packaged fruit & vegetables with dips
- NO bagged salads with dressings
- NO frozen fruit or vegetables
- NO canned fruit or vegetables
- NO white potatoes (i.e., Idaho, Russet, Golden, Red, etc.)

**Not to go over dollar amount
printed on voucher.**

** No Money to be collected and no change to be given.



Breastfed Infants

Gerber Brand 2nd Foods Infant Meat

- Exclusively Breastfed Infants (6 months age)
- NO graduates or sticks.
- NO dinners, organic



Breastfeeding Women

**Remember:
Breastfeeding is best for
you and your baby.**

Tuna



Store Brand

- Chunk Light, Water Packed, 6-6.5 oz. can
- NO Albacore, Select, Fancy, White
- NO Low Sodium, Solid Pack

Salmon



Royal Pink Brand

- Wild Alaska, Pink Salmon, water packed, 7.5 oz can
- NO skinless or boneless
- NO low sodium, solid packed
- NO diet or ready-to-serve

Questions?

Ask your WIC staff or call the
State WIC Office at 1-800-222-2189



**DELAWARE HEALTH
AND SOCIAL SERVICES**

DIVISION OF PUBLIC HEALTH

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR
WOMEN, INFANTS AND CHILDREN (WIC)
1-800-222-2189

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Doc. #35-05020/07/10/14

WIC



AUTHORIZED FOODS LIST

January 2009

Delaware Special

Supplementary

Nutrition Program

for Women, Infants

& Children

Cereal

Juice

Infants

Child & Adult Brands Listed Only



General Mills
Cheerios



General Mills
Multi-Grain
Cheerios



General Mills
Kix



General Mills
Corn Chex



General Mills
Rice Chex



General Mills
Wheat Chex



Kellogg's
Corn Flakes



Kellogg's
Crispix



Kellogg's
Product
19



General Mills
Wheaties



Nabisco
Cream of Wheat
Whole Grain
(blue Box)
NO Individual serving
packages



Quaker
Instant
Oatmeal
(regular)
Individual serving
packages only

Ways to buy 24 oz. of cereal

9 oz. Cereal	15 oz. Cereal	9.0 oz. +15.0 oz. 24.0 oz.	12 oz. Cereal	12 oz. Cereal	12.0 oz. +12.0 oz. 24.0 oz.
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Ways to buy 36 oz. of cereal

12 oz. Cereal	12 oz. Cereal	12 oz. Cereal	12.0 oz. 12.0 oz +12.0 oz. 36.0 oz.
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15 oz. Cereal	18 oz. Cereal	15.0 oz. +18.0 oz. 33.0 oz.
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9 oz. Cereal	11 oz. Cereal	15 oz. Cereal	9.0 oz. 11.0 oz +15.0 oz. 35.0 oz.
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Remember:

Be sure to purchase
all the food items on
your WIC voucher.



64 oz. bottled, unsweetened, single
strength



Seneca
Apple
(red label)



Lucky Leaf
Apple



Musselman's
Apple



White House
Apple



Juicy Juice
All Varieties
100% Juice
(No Harvest
Surprise)



Old Orchard
All Varieties
100% Juice



Welch's
All Varieties
100% Juice

NO calcium fortified juice • juice drinks, juice ades,
juice beverages • sweetened juices

11.5 - 12 oz. frozen
concentrate, unsweetened



America's
Choice
Apple



Pathmark
Apple



Seneca
Apple
(red label)



Welch's
All Varieties
(must have yellow tear stripe)



Old Orchard
All Varieties
(must have green
tear stripe)

Infant Formula
Contract Brand



- Similac Advance
13 oz. can, concentrate & 12.9 oz. powder
- Isomil Advance
13 oz. can, concentrate & 12.9 oz. powder

Infant Cereal
Gerber Brand



- No Cereal mixed with fruit
- Rice, Barley, High Protein*, Oatmeal*, Mixed Grain Cereal*
- *Young infants may be allergic to these.*

Infant Vegetable

Gerber Brand
2nd Foods



- 3.5 ounce containers (2 packs)
- NO organic or dinners

Infant Fruit

Gerber Brand
2nd Foods



- 3.5 ounce containers (2 packs)
- NO organic, desserts or medleys